

1956

Pastry, How to Make it the Easy Way : a Housewife Cookery Book

Rosemary Hume

Follow this and additional works at: <https://arrow.tudublin.ie/culhispam>

 Part of the [Other Food Science Commons](#)

Recommended Citation

Hume, Rosemary, "Pastry, How to Make it the Easy Way : a Housewife Cookery Book" (1956). *Pamphlets*. 10.

<https://arrow.tudublin.ie/culhispam/10>

This Other is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Pamphlets by an authorized administrator of ARROW@TU Dublin. For more information, please contact yvonne.desmond@tudublin.ie, arrow.admin@tudublin.ie, brian.widdis@tudublin.ie.



This work is licensed under a [Creative Commons Attribution-NonCommercial-Share Alike 3.0 License](#)



A HOUSE **wife** *Cookery Book*

PASTRY

*How
to make it
the easy way*

Culinary History Pamphlets

*Produced in association with
the makers of 'SPRY'*

PASTRY

How to make it the easy way

specialty written for **HOUSE Wife** *by Rosemary Hume*
and produced in association with 'SPRY'

PASTRY may be called the standby of the English kitchen. Hardly a day goes by but some pastry, of one kind or another, is made for a sweet or savoury dish.

Pastry, when well made, is nourishing and is not, as such, indigestible, though children and those with weak digestions should avoid pastry made with a heavy proportion of fat. When it is indigestible the fault is in the making. Soggy, greasy pastry is usually due to inaccurate measuring of ingredients, particularly liquids, heavy handling, incorrect oven temperature.

These faults are often the result of not 'knowing how' and are easy to correct. This booklet sets out the simple rules for the several kinds of pastry you may wish to make, both English and Continental; with illustrations, recipes and suitable dishes to be made from the various types.

Before giving these directions, there is one rule which applies to all kinds of pastry - the ingredients should be of the best. Fine white flour, butter or good quality margarine, Spry or lard for shortening. Spry is excellent for pastry making as it fulfils all the qualities of

lard, without the strong flavour sometimes present in this fat.

For successful pastry the following points should be borne in mind.

1

A cool, airy room is ideal. Plan to make your pastry before the kitchen warms up.

2

A marble slab or slate shelf is the best possible surface for rolling and making pastry, as it is smooth, solid and cool. Or, use a Formica topped table or wooden board kept specially for the purpose.

3

All ingredients should be cool. Fats cool and firm, but not too hard, otherwise they will not blend properly with the flour. Water well chilled.

4

Handle the pastry lightly but firmly; too much handling will give a greasy and heavy result.

5

See that oven temperature is correct. Generally speaking all pastry should be baked at an average temperature of 400-425 degrees F., or Regulo Mark 6-7.



3 3333 01264468 4



FRUIT PIE

Do not decorate, leave plain with a 'dry' glaze

ENGLISH SHORT CRUST

A good short crust should be crisp and of a melt-in-the-mouth consistency. Fats used are butter or margarine, and a proportion of Spry or lard for shortening. Success depends on light, quick handling, so remember to:

1. Sift flour with salt into a bowl.
2. Cut fat into flour with a round-bladed knife, then rub in the pieces with the finger tips well above the bowl. This movement of lifting up the flour and rubbing in the fat from a height helps to lighten and aerate the pastry.
3. Shake bowl occasionally to bring the fat to the surface, then continue as before until mixture looks like breadcrumbs.
4. Add sugar, salt and pepper, or cheese called for in the recipe.
5. Make a well in the centre, pour in two-thirds of the water called for in the recipe, adding remainder as pastry is mixed. Use first a palette knife or pastry blender then press together with the hand. Always measure the water before adding to the dry mixture; too much water makes the mixture sticky and difficult to handle, and may cause the pastry to shrink in the baking, and the result will be tough and hard. With too little water the ingredients will not bind properly and will be dry and uninteresting when cooked.
6. Use plain flour, except when the quantity

of fat is less than half the flour used. In this case, self-raising flour will help to soften and lighten the dough. Self-raising flour is useful when making a cheese short crust; this again lightens it and will help to prevent any excess of grease, which otherwise might tend to make the pastry heavy. Generally speaking, self-raising flour or baking powder used in short crust make the pastry too spongy, like a scone dough, instead of being short and crisp.

The fat used in the making of short crust may be a mixture of butter or margarine with a proportion of shortening as given in the recipe below. This mixture gives, at the same time, flavour and crispness to the pastry.

Many people however prefer to use one type of fat alone - Spry advocate a short crust made with $3\frac{1}{2}$ oz. Spry to 8 oz. flour and 2-3 tablespoonsful of water.

PASTRY FOR A FRUIT PIE

8 ozs. flour; pinch of salt; 2 ozs. butter or margarine; 2 oz. Spry; 1 level tablespoonful castor sugar; 3-4 tablespoonsful cold water.

Make up according to directions given above. These proportions will cover a 7-inch pie-dish, enough for 4 to 5 people. Fruit pies are left undecorated but are brushed over with water

and dusted well with castor sugar before baking. This gives a thick crisp glaze.

For an apple pie choose firm apples that will not mush when cooked, have honey to sweeten and flavour with orange or lemon rind instead of the traditional clove.

Do not put apples into water after peeling and coring, but cut each quarter in half and lay

in the pie-dish. If all ingredients are ready - pastry made, sugar or honey and flavouring to hand and so on, the apples will not have time to go brown. Add water to three parts, fill the dish before covering with the pastry. Dome fruit slightly above the level of the dish. Bake in centre of oven. Temperature 400 degrees F., Regulo 6, 30-35 minutes.

RICH SHORT CRUST

Here the proportion of fat to flour is greater than for an ordinary short crust. As a general rule butter or margarine only is used, but a small proportion of Spry may be taken in place of the butter or margarine.

METHOD

6 ozs. plain flour; pinch salt; scant 4 ozs. butter or margarine; 1 level dessertspoonful castor sugar (or salt and pepper); 1-2 tablespoonsful cold water; 1 egg yolk. Make up as for short crust, but mix the yolk with a spoonful of the water before adding to the flour.

Use for flans, cold fruit pies, open tarts.

QUICHE LORRAINE

May be made with ordinary short crust, but for serving cold, use rich short crust.

2 ozs. bacon; 1 egg and 1 yolk; 2 ozs. onions or 12 spring onions; $\frac{1}{2}$ oz. butter; 1-1 $\frac{1}{2}$ oz. grated cheese; 1 $\frac{1}{2}$ gills creamy milk; seasoning.

Beat the eggs and cheese together in a bowl, add the seasoning and two-thirds of the milk. Melt the butter in a small saucepan, add the bacon diced, and the onions finely sliced. Keep the spring onions whole. Cook slowly till just turning colour, then turn the contents of the pan into the egg mixture. Mix and pour into the pastry case, adding remaining milk if necessary. Bake near the top of a moderately hot oven, Regulo 6 or just below 400 degrees F., until firm and golden brown. The above quantity will fill a 6-7 inch flan ring.

APPLE FLAN

The quantities of pastry given opposite, i.e. 6 ozs. flour etc., will make a flan for 5-6 people.

Chill the pastry a little before rolling out a good $\frac{1}{4}$ -inch thick. Lay over a 6-7 inch flan ring set on a baking sheet. Ease the pastry into this and, using a small ball of the paste dipped into flour press the pastry well on to the bottom and sides of the ring.

Now pinch the top edge of the pastry together to form a slightly over-hanging edge. Roll off the excess pastry hanging over the outside edge with a floured rolling pin. Then press up the edge again and decorate with pastry pincers, or pinch with the finger and thumb. Lightly prick the bottom. Slice apples raw into the case (do not put in water) and when nearly full arrange the slices neatly over the top. (See picture). Dust with castor sugar. Bake near the top of a moderately hot oven, Regulo 6, 400 degrees F., for about 25-30 minutes. The flan should be nicely brown. Then remove ring and brush thickly with hot apricot glaze. Serve when cool.

This flan may be made with the sweet short crust on page 14.

APRICOT GLAZE

4-5 tablespoonsful apricot jam; 2 tablespoonsful water; squeeze of lemon juice.

Bring to boil; cook fairly rapidly, stirring continually until jam is fairly thick and will set firmly when cold. Strain, and use hot.

AMERICAN SHORT CRUST

This is only one variety of American Short Crust Pastry. Here all shortening is used and the method of making slightly different from that of English short crust. The fat is first worked with the liquid before the flour is cut in with a

knife or pastry blender. The result is very short and crisp and resembles our shortbread.

Make pies in an oven-glass pie-plate or deep flan ring, as they are difficult to move when cooked.



APPLE FLAN

Cook fruit in pastry; it tastes and looks good

METHOD

$3\frac{1}{2}$ ozs. *Spry*; 2 tablespoonsful water; 2 tablespoonsful lemon juice; 8 ozs. plain flour, good weight; 1 level teaspoonful salt; 1 level teaspoonful grated lemon rind; 1 rounded dessertspoonful castor sugar.

Put *Spry*, water and lemon juice into a bowl. Work together for a few minutes. Sift flour, salt together into bowl, adding lemon rind, sugar.

Cut fat into flour with a round-bladed knife or pastry blender. When the mixture forms a paste, gather up with the hand and put into a refrigerator or cold place for at least half an hour.

FOR A DEEP SOUTH APPLE PIE

Take the above quantity of pastry. When chilled, divide in two, roll out one half and line into a pie-plate. Fill to brim with apple mixture, roll out remaining pastry, cover pie.

Pinch edges; bake in centre of moderately hot oven, Regulo 6, 400 degrees F., 35-45 minutes.

Dust with icing sugar. Serve with cream.

APPLE MIXTURE

$1\frac{1}{2}$ lbs. cooking apples, weighed when peeled

and cored; 4-5 ozs. brown sugar; $\frac{1}{2}$ teaspoonful cinnamon; 1 tablespoonful orange marmalade or chopped orange candied peel; $\frac{1}{2}$ oz. butter.

Slice apples, put them into a pan with brown sugar and cinnamon. Cook slowly until pulpy, then beat in the marmalade and butter. Cool before pouring into the pastry.

CHERRY PIE

Take same quantities of pastry as for the apple pie, chill, roll out and line into a pie-plate.

Mix the following ingredients together and allow to stand 15 minutes.

$2\frac{1}{2}$ cups cherries, measured when stoned, stewed and drained; 1 cup cherry juice; 1 cup sugar; $\frac{1}{4}$ th teaspoonful salt; 2 drops almond essence; 1 tablespoonful fine tapioca or sago; 1 tablespoonful melted butter.

Pour into the prepared pie-plate. Cover with the rest of the paste, brush with water and dust heavily with the castor sugar. Bake in the centre of a moderately hot oven, Regulo 6, 400 degrees F., 45-50 minutes. Serve hot or cold.

NOTE: An American cup is 8 liquid ounces. Spoonfuls are measured level.

SUET CRUST

A classic English pastry, and used for many good dishes, like Beefsteak and Kidney Pudding, Roly Poly and Dumplings, to name a few.

The best suet crust is made from a freshly chopped beef suet, and though this entails a little extra trouble, the flavour and richness of the pastry will amply repay the time and trouble taken.

Butchers again have beef suet in plenty, and an old-fashioned tip is to keep a piece in the flour bin ready to hand. This will keep sweet and fresh for several days.

METHOD

8 ozs. self-raising flour, or plain flour and a $\frac{1}{2}$ teaspoonful baking powder; pinch salt; 2 ozs. fresh bread crumbs; 4 ozs. beef suet; approximately $\frac{1}{2}$ pint cold water.

Sift flour and salt together, add crumbs and suet, previously chopped with a light sprinkling of the flour to prevent sticking.

Add water, mixing with a knife to a light, soft dough. Use the pastry at once for Beefsteak and Kidney Pudding, Fruit Puddings, Dumplings, etc. For some sweet puddings, milk may be used instead of water to mix, and brown sugar added to the dry ingredients.

BEEFSTEAK & KIDNEY PUDDING

Use above proportions of pastry.

10 ozs. beefsteak; 4 ozs. ox kidney; seasoned

flour; salt; pepper; a dessertspoonful finely chopped onion; the same of chopped parsley; cold water.

Cut beef into medium sized pieces, and the kidney into slices. Roll in the flour. Have ready the pastry. Set aside about a third of it for the top crust. Roll out remainder and line into a greased basin, 6-7 inches – see pictures below.

Fill the basin with the meat, kidney, onion and parsley in layers, seasoning each with salt and pepper. Pour in enough cold water to three parts fill the basin. Roll out rest of pastry and lay over the top.

Press the edges of the pastry together and trim off, if necessary. Cover top first with a piece of buttered greaseproof paper with a two-inch pleat down the centre, and then with a scalded cloth, i.e. dipped in boiling water, cooled, wrung out and with one side dusted with flour. Pleat this also before tying it down over the pudding.

Tie ends of the cloth over the top and plunge pudding at once into a large pan of fast-boiling water. Boil steadily for 3 to 4 hours, replenishing pan from time to time with boiling water. Lift out, remove cloth and paper and pin a folded napkin round the basin before serving.

A jug of boiling water or gravy is usually sent to table with it. After the first slice has been cut and served, a little of the liquid is poured in to increase the gravy.

HOW TO LINE THE BASIN



Roll out pastry, flour surface, pinch up top edge, then roll lightly to form a bag. Slip into greased basin. Press back edge, before filling and putting on top lid

TREACLE PUDDING

Suet Crust. Use 8 ozs. flour for the crust; golden syrup; 1 lemon; fresh breadcrumbs.

Well grease a basin or tin mould. Roll out the pastry $\frac{1}{4}$ -inch thick and cut into 4 rounds of varying size, to fit both bottom and top of basin or mould. Lay in a round to fit bottom and spread thickly with syrup slightly warmed. Sprinkle this with breadcrumbs, grate over a little lemon rind and sprinkle with the juice.

Fit the next round of pastry in size on top,

and continue with the layers of syrup, crumbs, flavouring and pastry until basin is full. Cover with paper and a cloth and boil three hours, or steam 3-4 hours. Turn out carefully and serve with warmed golden syrup.

NOTE: *Suet Puddings of this kind are best boiled rather than steamed as the cooking is more thorough. If, however, steaming is preferred, allow a little longer time than stated in the recipes. When steaming a pudding it is not necessary to cover with a cloth, merely with buttered paper.*

* * * * *



Mutton pies, eaten hot or cold for suppers or picnics

HOT WATER CRUST

For pork or mutton pies.

1 lb. plain flour; 1 level teaspoonful salt; $\frac{1}{4}$ lb. *Spry* or good lard (*Spry* and lard for pork, *Spry* for mutton); $\frac{1}{2}$ pint milk and water (half and half).

Warm flour, rub in half the fat. Heat milk and water adding the remaining fat. Cool to temperature of blood heat. Add to flour, mix the whole to a smooth soft dough. The dough must now be used at once. If for a large pie, set aside a small piece of dough for the lid, and mould the remaining paste round the base of a large jam jar pulling the paste up gently as you work.

Small pies can be moulded over an inverted cup.

Fill with meat cut in pieces and well seasoned. Roll out remaining paste and cover the pie. Pinch edges well together, make a hole in the middle and brush with beaten egg. Bake $1\frac{1}{2}$ -2 hours in a moderate oven, Regulo 5-6, 380-400 degrees F. Decrease temperature after first hour, to slow oven.

After the first hour, the pastry may be covered with a piece of wet greaseproof paper. Fill up the pies with good stock that will set to a jelly when cold. Can be made from pork or mutton bones.

PUFF PASTRY

This is a classic and most popular pastry. Its uses are many, but perhaps the best known are vol-au-vent, bouchées and mille feuilles.

RECIPE

6 ozs. firm butter or margarine; 6 ozs. flour; pinch salt; cold or iced water.

Sieve the flour and salt into a bowl and rub in a piece of the butter the size of a walnut. Mix to a firm dough with the water. Roll out to a square.

Beat the butter two or three times on the board or slab to make it slightly pliable. Place it on the dough, fold over and seal the edges. Leave 15 minutes. *Roll out away from you, fold in three, turn the paste round to bring the 'open' edge towards you, and roll out again. Leave 15 minutes. Repeat from * twice more, thus giving the pastry six rollings or 'turns'. Leave 15 minutes. The paste is then ready for use. If by the end of the sixth turn the butter still shows streaks in the pastry, give an extra turn.

* * *

VOL-AU-VENT

This is a most useful dish to make once puff pastry has been mastered. A vol-au-vent may be filled with veal, eggs, mushrooms etc., bound with a cream sauce, and is a real party dish.

Directions of how to cut out the case are shown in the pictures. The case when baked may be kept in a tin and re-heated when wanted. Before putting into a tin it is advisable to take off the lid, scoop out the centre. It will keep several days.



- 1 After nut of butter is rubbed in, mix the flour with the water in this way to a firm dough



- 4 Fold the paste accurately into three, making sure that the edges are placed evenly together



- 7 Turn this upside down on to a damped baking sheet - this ensures it rising with a straight edge. Mark centre with a cutter and a knife



2 Beat the fat to make it pliable, then put it on in one piece and fold up paste like a parcel



5 Mark paste in this way to indicate number of 'turns' given before leaving to rest 15 minutes



8 Cut out bouchées as shown, mark centre with smaller cutter. Brush these and the vol-au-vent case lightly with beaten egg before baking



3 Bring roller down firmly and roll to and fro before lifting it up and repeating the movement



6 To shape vol-au-vent, cut out thick round 5-6 inches in diameter making bevelled edge



9 The finished cases. Scoop out centres while still hot; they may be stored in a tin 2-3 days before use. Fill with veal, eggs, mushrooms etc



VEAL AND HAM PIE
Use flaky pastry and decorate well

FLAKY PASTRY

Flaky Pastry is used for such things as Sausage Rolls, Jam Puffs, Eccles Cakes and so on. Unlike Puff Pastry an equal proportion of good shortening, such as Spry, is used in the making with the butter or margarine. The mixture of the two fats gives the rich flakiness and flavour of this pastry.

It can be made well ahead of time and kept in a cold place and used when required.

METHOD

8 ozs. plain flour; about a scant $\frac{1}{2}$ pint-cold water;

3 ozs. butter or margarine and 3 ozs. Spry; pinch of salt.

Sift flour into a bowl with the salt. Divide the fat into four, rub one part, either Spry or butter into the flour. Mix up to a fairly firm dough with the water. Roll out to a long strip, press a second portion of the fat (butter, if Spry has been rubbed in) on two-thirds of the pastry in small pieces. Fold in three and seal the open edges with a light pressure from the rolling pin.

Turn the paste round to bring this edge



1. Roll a 'sausage' in pastry strip cutting it off as covered. Press edges together. Brush the finished rolls with egg, mark with a knife



2. Cut out large rounds for jam puffs, brush lightly with water. Fold into a triangle - cover jam completely, set puffs on to wet baking sheet

towards you, and roll out again to a strip. Put on a third portion of the fat, dust with flour and fold in two. Leave in a cool place 15 minutes.

Roll out, press on the remaining fat, fold in three and roll out once again. Give a final rolling if the paste appears streaky. Should the paste become sticky and difficult to handle during the making, put away in a cold place for a further 10-15 minutes to allow the fat to harden before rolling out again.

* * *

SAUSAGE ROLLS

1 lb. or more sausages or sausage meat; a little finely chopped onion; chopped parsley; salt, pepper; thin rashers streaky bacon; flaky pastry; beaten egg with a good pinch of salt in it.

Skin sausages or shape the meat into convenient sized rolls. Roll each one in the chopped onion or parsley, add seasoning, and wrap a bacon rasher round each one.

Roll out the pastry fairly thinly into a long strip of the same width as the sausage. Place one on the end of the strip, leaving about $1\frac{1}{2}$ to 2 inches of pastry at the top. Brush the edge lightly with the beaten egg.

Fold over, press edge down firmly and cut off with a knife, so forming the first roll. Repeat with remaining sausages. Brush finished rolls with egg, mark with knife.

Bake near the top of a hot oven, Regulo 7, 425 degrees F., 25-35 minutes.

* * *

3 - CORNERED JAM PUFFS

Roll out the pastry about $\frac{1}{4}$ -inch thick and cut out into large rounds by means of a cutter or saucepan lid. Put a spoonful of good jam in the centre of each, and brush the edges with water.

Fold over the two top sides obliquely on to the jam, fold up the bottom on to the other two, thus forming a triangle. Press lightly but firmly. The jam should be completely covered. Turn over and set on a wet baking sheet, brush with water, dust well with castor sugar and bake near the top of a hot oven, Regulo 7, 425 degrees F., for 15-20 minutes, until well browned.

* * *



1. Put fat over two thirds of paste in small pieces - fold in three, with plain piece in middle



2. Seal edges firmly before starting to roll in the centre of the paste, as for making puff pastry



3. Jam puffs are glazed with water and sugar before baking, the sausage rolls with beaten egg

CHOUX PASTRY

This is a different type of pastry from the preceding recipes. It is used extensively both for sweet and savoury dishes.

METHOD

1½ gills water; 3 ozs. margarine or *Spry*; 3½ ozs. flour; 3 eggs.

Bring the fat and water to the boil together. When bubbling, draw aside and immediately add the flour all at once. Beat until smooth when the paste will leave the sides of the pan. Leave to cool. Whisk the eggs lightly and add by degrees, beating thoroughly.

If the eggs are exceptionally large, do not add the last spoonful as it may make the mixture too wet. When finished the paste should be smooth and shiny looking.

* * *

ECLAIRS


Fill the mixture into a forcing bag with a plain pipe about quarter to half an inch in diameter. Pipe out into *éclairs* on a damped baking sheet. Bake in a hot oven, *Regulo* 5-7, the oven for choux pastry being a rising one. When quite firm to the touch take off the sheet and cool. Split sides and fill with a whipped sweetened cream or pastry custard. Ice the tops with a chocolate or coffee icing.

* * *


CHOUX A LA CREME or CREAM PUFFS

Put the mixture out in teaspoonsful on a damped baking sheet. Bake 20-30 minutes as for *éclairs*. When quite firm to touch, take out, put on to a rack and cool. Fill with whipped sweetened cream. Pile on a serving dish and dust with icing sugar, and serve with a hot chocolate or fruit sauce.


NOTE: It is better not to keep Choux Pastry for any length of time once it is baked, as it is inclined to go soft.



1. Choux paste ready for use, the eggs well beaten in, giving mixture a glossy and shiny look



2. Pipe paste out into *éclairs* and little choux on to a damped baking sheet. Bake in hot oven



3. Fill *éclairs* with cream, or pastry custard, dip into icing, quickly reverse, lay on tray



APPLE STRUDEL

Serve it crisp and fresh on a board

STRUDEL PASTRY

This is a well known pastry, Hungarian in origin. Here none of the rules for pastry-making are followed, as the temperature of the water for mixing should be warm, and the strudel paste made on a wooden board or table. The pastry of a good strudel should be wafer thin and crisp, and it may be either sweet or savoury.

Perhaps the best known is Apple Strudel, but it can be made with cherries, Cream Cheese etc.

METHOD

$\frac{1}{2}$ lb. plain flour; salt; 1 oz. or more butter or margarine; 1 egg; about 2 tablespoonsful of browned crumbs; 1 dessertspoonful melted Spry or oil.

Beat the egg, and add to about $\frac{3}{4}$ gill lukewarm water with Spry or oil. Put the flour into a bowl, add the salt and mix quickly with the liquid to make a soft dough. Beat thoroughly on a floured board.

Put into a clean, floured basin, cover, and leave 15 minutes. Meanwhile prepare filling. Roll the pastry out on a floured board about $\frac{1}{4}$ -inch thick, then lay on a floured cloth and leave 5-10 minutes till elastic. Then pull gently from all sides until as thin as paper. Dab with melted margarine, scatter over the crumbs and filling. Roll up, slide on to a baking sheet, brush with melted fat and bake for about 30 minutes in the centre of a hot oven, Regulo 6-7, 400-425 degrees F. Dust with icing sugar.



1. Lay on floured cloth for 5-10 minutes. Pull paste out gently on floured cloth until paper thin



2. Scatter apple mixture over paste, pull edges away before rolling up. Slide on to baking sheet



CONTINENTAL PASTRIES

The following cold sweet is made with a sweet short crust. It should melt in the mouth.

STRAWBERRY GALETTE

4 ozs. flour; 2-3 ozs. butter or margarine; 1 heaped tablespoonful icing sugar; 1 egg yolk; a few drops vanilla essence; strawberries; red-currant jelly glaze; cream.

Sift the flour on to a board or slab. Make a well in the centre and in this put the butter, icing sugar, egg yolk and vanilla. Work up together to a smooth paste. Leave in a cool place $\frac{1}{2}$ hour. Roll or pat to a large round, $\frac{1}{4}$ -inch thick, prick and bake in centre of moderate oven, Regulo 5-6, 380-400 degrees F., for 20 minutes.

When cool, cover with strawberries cut in half, brush well with a thick redcurrant glaze and arrange teaspoonfuls of whipped cream round the edge. For the glaze, melt redcurrant jelly until thick, cool down slightly before using.

NOTE: Other fruit may be used in season.

DANISH PASTRY

This is a yeast pastry and is used extensively in the making of buns and tea-cakes. It often has almond paste in the centre of the bun.

METHOD

7 ozs. plain flour; good tablespoonful sugar; scant half ounce yeast; $\frac{1}{2}$ gill milk; 3 $\frac{1}{2}$ ozs. butter, margarine or Spry; one or more eggs.

Sift flour into bowl. Cream yeast with half the sugar. Add $\frac{2}{3}$ of the milk, with the beaten eggs. Add rest of sugar to flour. Pour in milk

and yeast and mix to a smooth dough, adding remaining milk if necessary. Knead well. Roll out to a strip. Press on half the fat in pieces the size of a walnut. Fold paste into three. Roll out as for flaky pastry. Fold in three, roll again.

Press on rest of fat and fold in three and leave fifteen minutes. Roll out and fold twice more, then leave one hour before using. This pastry is then cut, shaped into buns, proved and baked. Usually coated with white glacé icing.

If an almond filling is wanted, take 1 oz. each of ground almonds, icing sugar and butter. Work together before putting into the buns before cooking.

EMPANADITAS

These are small pies filled with sweet pastry custard. The pastry itself may also be cut into strips and fried in deep Spry. This may be served with a hot fruit sauce.

METHOD

4 $\frac{1}{2}$ ozs. flour; 1 $\frac{1}{2}$ ozs. margarine or Spry; 1 yolk of egg; 3 tablespoonful hot milk; pinch salt.

Sift flour and salt together, rub in fat and add the yolk and hot milk. Knead well.

For EMPANADITAS divide into small portions. Roll out each one into a round about 4 inches across. Put a teaspoonful of thick, sweetened, vanilla-flavoured custard on each round. Brush edge with water, fold over and fry in deep fat. The temperature of this should be 360 degrees F. The fat used should be Spry.

NOTE: Recipes given are for 4-6 people.

Feather-light Pastry first go!

You'll make crisp, delicious pastry the very first time you try with Spry because:

- (1) Spry is lighter – it's aerated, makes pastry lighter!
- (2) Spry rubs in in *seconds*, makes pastry-making easy.

Spry is grand for cakes . . . creams without beating . . . makes cakes rise higher.

Fry with Spry . . . no greasy odour . . . no greasy taste . . . food is lighter, easier to digest.

See for yourself – try Spry today! From your grocer 1/1d. a half-pound packet.

Send 1/6d. postal order today for "Making Light of Cooking", complete 80-page fully-illustrated modern cookery book, to Spry, 7 Gt. Suffolk St., London, S.E.1.

USE ONLY 3½ oz. SPRY TO 8 oz. FLOUR for short crust pastry, less than margarine or lard. If you prefer to "mix", use 2 ozs. Spry and 2 oz. Stork.



